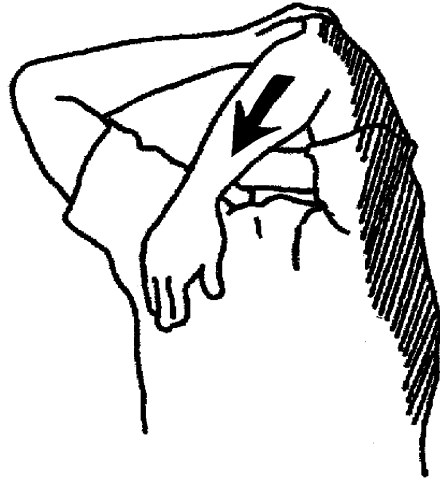
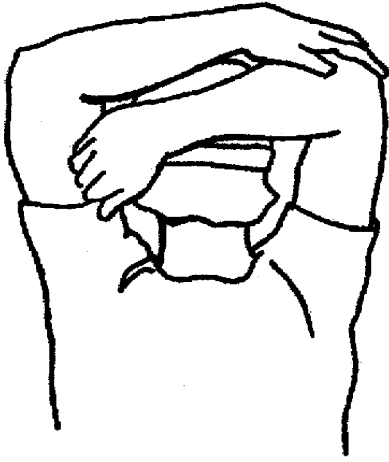


STRETCHING

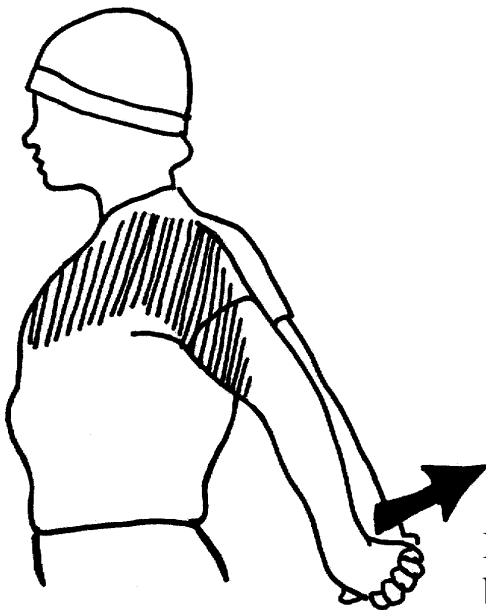
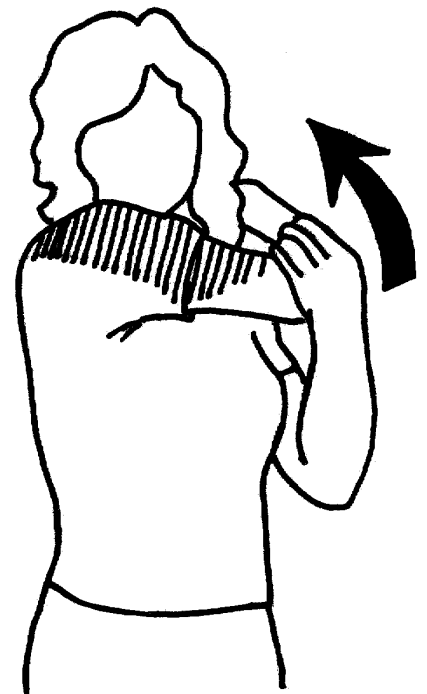


3

With your arms overhead, touch your right palm to the back of your neck. Use your left hand to slowly pull your right elbow behind your head. Hold for 15 seconds, relax and repeat with other arm.

4

To stretch your shoulder and middle of upper back, take your hand to your left shoulder. Use your left hand to gently push your right elbow toward your back. Hold the stretch for 15 seconds, relax and repeat with the other arm.



5

Interlace your fingers behind your back. Lift your arms up behind your body until you feel a stretch in your arms, shoulders, and chest. Hold the stretch for 15 seconds, relax, and repeat.